

HELLO

I am grateful for this moment.

DEAR, MY FUTURE SELF

TODAY IS

/ /

Dear me,

FOCUS ON THE SILVER LININGS

Writing a letter to your future self is a great mindfulness exercise to help you reflect on your current life, as well as your goals and dreams.

What advice do you have for your future self? What do you want to remember next month?

Sincerely,

30 DAYS OF SELF CARE

<input type="checkbox"/> Do a 5-minute stretch exercise	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Indulge in your favorite treat	<input type="checkbox"/> Go to bed earlier
<input type="checkbox"/> Dance to your favorite songs	<input type="checkbox"/> Enjoy delicious plant-based meals	<input type="checkbox"/> Log off from social media	<input type="checkbox"/> Cook or order your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Write a haiku	<input type="checkbox"/> Give yourself a <u>face massage</u>	<input type="checkbox"/> Try watercolor painting	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a self-development book	<input type="checkbox"/> Create a pie-chart of your feelings	<input type="checkbox"/> Record an advice for yourself	<input type="checkbox"/> Sketch everyday things
<input type="checkbox"/> Get some morning sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Read your goals aloud	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Visualize your ideal future	<input type="checkbox"/> <u>Discover your greatest strengths</u>	<input type="checkbox"/> Put down your phone, connect with yourself

SETTING INTENTIONS

What attitudes and limiting beliefs do I have that are causing blockages on my path to self-fulfillment?

- ☐
- ☐
- ☐
- ☐

What are my core needs? Physical, mental, emotional, etc.

- ☐
- ☐
- ☐
- ☐

MINDFULNESS

Mental Health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

BODY AWARENESS

Self Care

Basic hygiene and body care

Breakthrough

Exercise, sleep and meditation

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

Practice directing your attention and awareness to look inward, and help you focus on the present moment.

LOVE • ABUNDANCE

3 things I love about this week

- ☐
- ☐
- ☐

3 things that made me smile

- ☐
- ☐
- ☐

3 things I'm manifesting

- ☐
- ☐
- ☐

What are the most important life lessons you learned last week?

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What are you most looking forward to in the coming week?

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I am happiest when I am...

DAILY MAP

DATE / /

WEATHER ☀️ ☁️ ☔️ ☁️ ⚡️ ☁️ ☔️

TODAY, I'M EXCITED ABOUT

TODAY, I AM GRATEFUL FOR

TODAY'S 3 (REALISTIC) PERSONAL GOALS

TO-DO LIST

BREAKFAST • BRUNCH

LUNCH • SNACKS

DINNER • SUPPER

HYDRATION BAR

TOMORROW, I WANT TO ACCOMPLISH...

BUZZWORD OF THE DAY

NOTES • FEELINGS • MAGIC

MOOD TRACKER

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SETTING INTENTIONS

Think about what triggers your stress, emotions, and other unsustainable habits. How can you manage it better?

- ☐
- ☐
- ☐
- ☐

Do you have habits that you would like to change or improve? What actionable steps can you take to make it happen?

- ☐
- ☐
- ☐
- ☐

MINDFULNESS

Mental Health

Step outside of yourself and observe your behaviors

Soul

Let go of what does not serve you to make space for healing

BODY AWARENESS

Self Care

Remember that your negative thoughts are not a reflection of who you are

Breakthrough

Practice sitting with your thoughts and observe them without judgment

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

Practice directing your attention and awareness to look inward, and help you focus on the present moment.

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SETTING INTENTIONS

Do your current friendships and relationships bring joy to you? How can you improve these connections?

- ☐
- ☐
- ☐
- ☐

Having trouble sleeping? What's keeping you up? What do you dream about?

- ☐
- ☐
- ☐
- ☐

MINDFULNESS

Mental Health

Connect with those who appreciate and uplift you through good and bad

Soul

Authentic connections
respect mindful boundaries

BODY AWARENESS

Self Care

Observe negative thoughts objectively, you do not have to believe or give in to it

Improvement

Remember that energy and time are finite

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

Practice directing your attention and awareness to look inward, and help you focus on the present moment.

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3 things I love about this week

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3 things that made me smile

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- ☐
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3 things I'm manifesting

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What are the most important life lessons you learned last week?

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What are you most looking forward to in the coming week?

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I am happiest when I am...

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SETTING INTENTIONS

Celebrate your character strengths.

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- ☐
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Slow down and eat your meals mindfully. Notice the texture, smell, taste and how it nourishes your body.

- ☐
- ☐
- ☐
- ☐

MINDFULNESS

Mental Health

Pay attention to your character strengths and how you express them

Soul

Self-awareness serves as a path to see yourself as you really are

BODY AWARENESS

Self Care

Use all your senses to choose foods you love and nourishing to your body

Breakthrough

Find an eating pattern that works for you, and slowly develop a healthier relationship with food

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

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BUZZWORD OF THE DAY

MOOD TRACKER

AM

PM

NOTES • FEELINGS • MAGIC

ADD YOUR FAVORITE
PHOTO OF THE DAY HERE

DAILY MAP

DATE / /

WEATHER       

TODAY, I'M EXCITED ABOUT

TODAY, I AM GRATEFUL FOR

TODAY'S 3 (REALISTIC) PERSONAL GOALS

BREAKFAST • BRUNCH

LUNCH • SNACKS

DINNER • SUPPER

HYDRATION BAR

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BREAKFAST • BRUNCH	LUNCH • SNACKS
<div></div>	<div></div>
DINNER • SUPPER	HYDRATION BAR
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SETTING INTENTIONS

Describe 2 nice things that happened to you in the past week. Then, list 2 nice things you will do for others next week.

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- ☐
- ☐
- ☐

Where in my body do I feel tension? How can I relieve it?

- ☐
- ☐
- ☐
- ☐

MINDFULNESS

Mental Health

A single act of kindness creates a cascade of wonder and magic

Soul

Notice what people around you do well and give them a genuine compliment

BODY AWARENESS

Self Care

Focus your attention on your sensations, breathing, and the movements of your body

Breakthrough

Learn to listen to the needs of your body, what can you do to release the tensions?

EMBRACE YOURSELF

Take three deep breaths, observe the stillness within, and then set your intentions. Use positive statements like "I will start doing this," in present tense.

WEEKLY GRATITUDE

ORGANIZE YOUR THOUGHTS

Practice directing your attention and awareness to look inward, and help you focus on the present moment.

LOVE • ABUNDANCE

3 things I love about this week

- ☐
- ☐
- ☐

3 things that made me smile

- ☐
- ☐
- ☐

3 things I'm manifesting

- ☐
- ☐
- ☐

What are the most important life lessons you learned last week?

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.....

.....

What are you most looking forward to in the coming week?

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.....

I am happiest when I am...

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I am so grateful for discovering my power
to create the reality I desire.

GRATEFUL, ALWAYS

